

Senior Services at the Lexington Community Center July/August Newsletter



July/August 2016 Issue 398

Lexington Senior Services

39 Marrett Road

Lexington, MA 02421

781-698-4840

www.lexingtonma.gov



*Connecting the Lexington community for
greater health and well-being*

- Information
- Referral
- Limited Case Management
- SHINE
- Transportation
- Nutrition
- Programs/Activities
- Volunteer Opportunities

The Council on Aging Board

Nancy Adler, Chair * Gerry Howell, Vice Chair *
Betty Borghesani * Ellen Cameron* Camille Goodwin
Sophia Ho * Marion Kilson * Harry Mackay
* Rich McDonough* Barbara Rediker * Julie Ann Shapiro

The COA Board meets monthly at the Community Center.

The next meetings are July 6th and August 3rd from
2:30pm.-4:00pm. Working in collaboration with Human
Services staff, the COA advocates for Lexington seniors
and advises the Town Manager on policy issues.

The COA Board invites you to attend.

Where Can You Get Information about Lexington Senior Services?

With our move to the Community Center almost a year ago, there have been questions on how you, as a Lexington resident, can be "in the know" about all there is to offer from the Senior Services Department. There are lots of ways to find out what is going on!

As of September, 2016 if you are 60 years or older, you will automatically receive a bi-monthly newsletter that has a wealth of information about programs, health news, contact numbers and other pertinent information. You can also pick up a copy at the Community Center Customer Service Counter.

The newsletter is also available online at
<http://www.lexingtonma.gov/senior-services>.



Sign up to receive the newsletter electronically by going to www.lexingtonma.gov/email. You can sign up for any Town newsletter at this link.

Senior Services is now on Facebook. Like our page
<https://www.facebook.com/lexingtonhumanservices/>



Check out the newly re-designed Town website at
<http://www.lexingtonma.gov>



Girls Scouts visit the Community Center

Human Services Staff

Phone 781-698-4840 Fax 781-863-2271

Web Site Address- <http://www.lexingtonma.gov>

Monday - Friday, 8:30 a.m.- 4:30 p.m.

Charlotte Rodgers, RN, MA, CCM Director

Kelly Axtell, BS, MBA, Asst. Director Senior Services

Kristie Demirev, LICSW, Youth/Family Services

Hemali Patel, Senior Services Coordinator, LSW

Alicia Grunes, RN, BSN

Paula McGlynn, Office Manager

Gwen Jefferson, Administrative Clerk

Michele Kelleher, Administrative Clerk

Gina Rada, Veterans Services Director

Jeanette Rebecchi, Transportation Manager

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Sign up for July/August Programs begins:

June 15th for Lexington Residents/June 29th for Non-Residents.

Sign up in person or by phone at 781-698-4870 starting at 8:30 a.m.

From Civil War to Civil Rights

Monday, July 11th, 9:30 a.m. to 10:30 a.m.

The virtual class taught by the Virginia Historical Society. Emancipation and the end of the Civil War brought promises of equality for African Americans in Virginia and throughout the South. It took the better part of a century for those promises to begin to be realized.



Ice Cream Social

Thursday, July 14th at 1 p.m.

Sponsored by Atria Longmeadow Assisted Living

Dietician Talks - Nutrition Facts Label

Friday, July 15th 11:15 a.m.

(see page 5 for more information)



Moving Easy: Parkinson's Tai Chi

Mondays, July 18th- Sept 12th from 1:30pm-2:30pm

(no class Labor Day)

The Human Services Department is excited to offer a specialized Tai Chi class adapted for people living with Parkinson's disease, Dystonia, and other movement disorders. *Moving Easy* provides a safe, stress free, relaxing environment to work on balance, flexibility, and fluidity.

Cost is \$96/8 wks.



Coffee and Conversation with Charlotte Rodgers and Karen Simmons

Wednesday, July 27th 10:30 - 11:30 a.m.

Kick-off the first in a year long series of talks with various town officials by joining Charlotte Rodgers, Director of Human Services and Karen Simmons, Director of Recreation and Community Programs for coffee and refreshments in the Dining Room. This is a great opportunity for you to ask questions about programs and services, give suggestions for future programs or just socialize as we celebrate our first year at the Community Center! **Drop in – no sign up required.**

NEW!

Dietician Talks - DASH Diet

Friday, August 19th at 11:15 a.m. (see page 5)



On-Line Program Registration Training

Wednesday, August 24th from 2 p.m. to 3 p.m.

Join us for a hands on tutorial on how to register for Recreation, OWLL and Human Services programs on-line.

Summer BBQ

Thursday, August 25th at 12:00

Enjoy hamburgers, hotdogs & musical entertainment.

Sponsored by the Lexington Lions Club.

Please sign up and pay \$3.



Summer Movie – Inside Out (kids movie)

Bring Your Grandchildren

Tuesday, August 23rd at 1:15 p.m.

Please remember to register for a Community Center card/membership.

There is a \$12 yearly fee for non-residents.

Free Programs/Support Groups

An Hour with Senator Donnelly

Tuesday 10:30 a.m. July 19

Corn Hole (Drop-In)

Tuesdays 1:00 p.m. - 3:00 p.m. July 5 - August 30

Parkinson's Support Group

Facilitated by Alicia Grunes, RN, BSN but mainly led by the members. Ages range from 50's -80's, all at different stages of Parkinson's. Family members and caregivers are welcome to join their loved ones. Topics may include diet, medications, symptom management and coping mechanisms.

Tuesday 1 p.m. July 26 and August 23

World Affairs

A discussion group focused on important world issues & events.

Tuesdays 1:15 p.m. July 5 - August 30

Computer & Technology Group

Join us for presentations, demos and Q&A help on various computer topics. See our announcements and updates at <https://groups.yahoo.com/neo/group/LexingtonComputerGroup/info>

Wednesdays 10 a.m. July 6 - August 31

Caregivers Group

A support group for caregivers, caring for someone with memory impairment, looking for emotional and social support from peers.

Call Hemali at 781-698-4844 to sign up.

Thursday 1 p.m. July 7 and August 4

Low Vision Group at the Community Center **NEW!**

Do you struggle with activities of daily living due to vision loss? Would you be interested in hearing speakers or discussing specific topics that relate to vision loss?

Wednesday 10:30 a.m. July 13 and August 10

For more information call Alicia Grunes, RN 781-698-4847.

Low Vision Group (at Brookhaven)

Meeting is held at the Clubroom. Park in the visitor parking area.

Thursday 11:30 a.m. - July 28/11 a.m. - August 25

Bereavement Group (Drop-In) **NEW!**

Thursday, 1p.m. July 14th and August 11th

This is an open and on-going support group for adults who have experienced a loss due to a death. You can find strength, understanding, and compassion in this safe and supportive environment. For more information call Alicia Grunes, RN 781-698-4847.

Current Events

Join us for a lively discussion about the week's news.

Fridays 1:15 p.m. July 1 - August 26

Trips

Vine to Wine Tour

Friday, July 22nd \$69 (residents) \$79 (NR)

You'll travel west along the Mohawk Trail to Deerfield where you visit the Yankee Candle Store before enjoying a delicious luncheon at Chandler's Restaurant. After lunch you'll travel to Honora Vineyards, one of Vermont's best wineries. **Here you'll enjoy a visit and wine tasting at the Vineyard. You'll taste three different wines and will be given a souvenir wine glass to take home.** Next travel to Putney, VT, to visit the Putney Mountain Winery, which features fruit wines. The Basketville Store is alongside, too, in the event you would like to do some basket shopping.

Depart 8:30 a.m. (39 Marrett Rd.) Return 6:30 p.m.



Saturday, August 6th \$79 (residents) \$89 (NR)

Visit Tanglewood in Lenox, Massachusetts, where you'll have Shed seating for the 10:30 AM Boston Symphony Rehearsal with Moritz Gnann conducting Mozart and Mahler, (Nelson Freire, piano.) After the concert, a delicious luncheon is included at the Cork N' Hearth Restaurant. Entrées include lemon chicken or fresh baked scrod. After a visit to quaint Stockbridge, you'll depart for home.

Depart 7:30 a.m. (39 Marrett Rd.) Return 6:30 p.m.

Martha's Vineyard

Monday, August 22nd \$84 (residents) \$94 (NR)

Arrive in Falmouth to board your ferry, the Island Queen. On arrival, a native guide will conduct a bus tour across the island. You'll then visit Edgartown where you'll have time to enjoy the many sights, restaurants and fine shops in this quaint village. Later, your sightseeing bus will pick you up and return you to Oak Bluffs for the return ferry to Falmouth. Enjoy dinner at Bertucci's where you will be served salad, chicken piccata, spaghetti and meatballs, and broccoli and shrimp rossini, family style.

Depart 8:00 a.m. (39 Marrett Rd.) Return 7:00 p.m.

Trip Policy/Sign Up:

Payment is required at sign-up for trips. You may sign up as soon as you receive your newsletter. Itinerary subject to change upon discretion of the tour guide. If insufficient enrollment causes a trip to be cancelled, participants will receive a refund. Participants who withdraw from a trip 10 business days or less prior to the trip will not be eligible for a refund.

Veterans Services



The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.

Honor Flight New England

Honor Flight New England recognizes American veterans for your sacrifices and achievements by flying you to Washington, D.C. to see YOUR memorial at NO COST. Currently, top priority is given to World War II and terminally ill veterans from all wars. For more information or an application, call Gina Rada, District Director of Veterans Services, at (781) 698-4848.



Volunteers Needed

The Veterans Department is currently looking for volunteers to assist in an initiative focused on recognition of our local Vietnam Veterans.

Through a partnership with The United States of America Vietnam War Commemoration Program, the Town of Lexington will be planning commemorative events to showcase our gratitude. **For details on how to get involved, please contact Gina Rada, Veterans Services Director at (781) 698-4848.**

For more information about the Lexington Veterans Association visit our website at www.lexingtonveteransassociation.com

Transportation Services

Lexpress Schedule Changes on 3PM – 6PM Routes - Effective July 1, 2016

In light of increasing traffic, the buses require more time to complete their routes. As a result, changes have been made to the afternoon/evening schedule. Please review the new schedule for updated departure times for the 3PM through 6PM routes.

The FY17 schedule is currently posted on the Lexpress website at www.lexpress.us. A paper copy will be included with your June 30th Town of Lexington tax bill, and posted at various locations around Town including the Community Center, Town Hall and Cary Library. For more information call Transportation Services at 781-861-1210.

MBTA Raises Fares –Senior CharlieCard Offers Substantial Discount

July 1, 2016 MBTA Fare Changes		
	Existing	New
Cash Fare Bus	\$2.10	\$2.00
Cash Fare Subway	\$2.65	\$2.70
CharlieCard Bus	\$1.60	\$1.70
CharlieCard Subway	\$2.10	\$2.25
Senior CharlieCard Bus	\$0.80	\$0.85
Senior CharlieCard Subway	\$1.05	\$1.10

Missed the Town's spring Senior CharlieCard sign-up event? No need to wait until next year! Seniors (65+) can apply in person at the MBTA CharlieCard Store located at the Downtown Crossing Station in Boston. Their office is open Monday through Friday, 8:30AM to 5:30PM. Remember to bring a current RMV-issued photo ID. Senior CharlieCard holders looking to renew a lost, damaged, or expired card can do so by calling the CharlieCard Store to request a new card be mailed. Customers with Senior IDs issued prior to May/June 2005 must obtain a new card.

Information: Call 617-222-3200 or 617-222-5854 (TTY)

Public Transit Directions: Take the 62 or 76 MBTA bus to Alewife Station and transfer to the Red Line subway. Get off at the Downtown Crossing Station. The office is located in the underground concourse.

Living Well

Dietician Talks

Nutrition Facts Label Friday, July 15th 11:15 a.m.

How to understand what the nutrition facts labels are telling you, and how to use this information to make better food choices.

DASH Diet

(Dietary Approaches to Stop Hypertension) Friday, August 19th at 11:15 a.m.

Come learn how this diet can help you have better control of your blood pressure and decrease your risk of heart disease.

Sign up at 781-698-4870.



Lexington Memory Café

Wednesday, July 20th and August 17th
from 9 a.m. - 11:30 a.m.



**For more information or to sign up please contact
Abby Ferreira at 781-863-1166 x104.**

Are you, or someone you know, struggling with memory problems? Are you looking for a group of people that understands your needs as a caregiver or an individual struggling with dementia or Alzheimer's? Join this once-a-month memory café that will introduce you to folks in a similar situation. This is NOT a support group but rather a social gathering of people to engage you and learn something new. Door-to-door transportation available by request.

Welcome, Barbara Collins, RDN, LDN

Thanks to the Dana Home Foundation, Barbara Collins, is now on staff to provide 1:1 nutrition counseling for Lexington residents over 60 years old. Barbara has more than 20 years' experience working as a consultant dietician for short and long term healthcare facilities. She has also provided group nutrition talks to various community centers during the past 5 years.

Please contact Kelly Axtell, Assistant Director of Senior Services, at 781-698-4842 to make an appointment.



Meals-on-Wheels

(Minuteman Senior Services.) Home-delivered meals. For information call 781-272-7177.



SHINE

Counselors are available to help you with your health insurance. Call the Community Center at 781-698-4870 to make an appointment. *SHINE counselors are provided by Minute-man Senior Services and available by appointment only.*

Senior Health Outreach Program

This program is available to seniors who are home-bound and unable to easily access health screenings. The service includes regular home visits conducted by a registered nurse as well as consultation and home visits by a social worker if needed. For more information call Alicia at 781-698-4847.



Podiatry

New Dates Added!

**Thursday, July 21st & July 28th
Thursday, August 18th & August 25th
from 9:30 a.m. to 1:30 p.m.**

We are pleased to announce that Dr. Edgar Mullin, Jr., D.P.M., will now be providing Podiatry services. He will do 15 minute visits providing trimming and filing ONLY – the cost of a visit (payable to the doctor) will be \$30. He will be available the 3rd and 4th Thursday of every month from 9:30 am-1:30 pm.

To make an appointment please call the Community Center at 781-698-4870 starting June 15th at 8:30 a.m. (for residents) June 29th (for non-residents). Please call Alicia Grunes, RN at 781-698-4847 with any questions.

Blood Pressure Clinics



1st Thursday of the month - **Community Center**
39 Marrett Road. 10 - 11 a.m.

3rd Thursday of the month - **ALL Villages**

Countryside Village - 10:00-10:30 a.m.
off Woburn St.- in Lexington Housing Authority Office Building/Meeting Room.

Greeley Village - 10:45- 11:15 a.m.

off Bedford St., turn in on Tewksbury St. or Shirley St. in the center building/meeting and laundry facilities.

Vynebrooke Village - 11:30-12:00 p.m.
off Waltham St.- in the center building



O.W.L.L. Courses for Older, Wiser, Lifelong Learners

Friends of the Council on Aging Program supported by a grant from The Dana Home Foundation



O.W.L.L. Fall Semester Courses for September, October, and November 2016

Take a look ahead to our Fall semester offerings! The following courses are sure to challenge, entertain, and broaden our knowledge in surprising ways. Join us for O.W.L.L.'s 7th semester.

Specific course dates provided in the next newsletter.

**Please join us for O.W.L.L.'s kick-off Reception and COURSE SIGN-UP
on Wednesday afternoon, September 14th from 3:00-5:00**

Political Leadership in China: Yesterday and Tomorrow

Beginning with an introduction of the idea of "Mandate of Heaven," "Meritocracy," "Inner Court and Outer Court," and "Dynastic Change," we'll discuss changing sources of political legitimacy in China. Mainly, the course includes analysis of: political succession, political loyalty vs technical competency, the process of selecting and promoting leaders, and the effect of term and age limit. Finally, we'll conclude with a brief analysis of the profiles of China's new ruling elite. **Instructor: Dr. Shiping Zheng**

Meet the MacBeths: Politics, Ambition, Murder and Guilt

Shakespeare's astonishingly well-crafted and gripping drama explores marriage and monarchy. It is an intense examination of hunger for power and the power of influence, shining a light into the desires of the human soul and the horrifying lengths to which some men and women will go to fulfill those desires. (Macbeth: Folger edition) **Instructor: Dr. Elizabeth Kenney**

American Music Makers: Gershwin, Copland, and Bernstein

These composers were instrumental in creating a distinctly American musical style. Since there was no established American musical tradition, these artists had a clean slate on which to compose. Their challenging task was to make their art apparent to the American audience in ways not yet heard. In our four weeks together, we shall probe the life of each artist and examine elements in his music—aesthetic, political, and personal—that make it uniquely American. **Instructor: Dotty Burstein**

Why We Read Mysteries: A Mysterious Literary Genre:

We will look at how mysteries work—the detectives, the plots, and the settings. Ultimately, we'll consider why so many people love to read mysteries. We'll explore classic mysteries, Swedish noir, and comic mystery, among others. Finally, we will highlight the works of some favorite authors. **Instructors: Helen Cohen and Don Cohen**

Five Microbes that Changed the World

What makes microbiology different from other areas of biology and why is it so important? We will study this through history and science, using model microbes to learn how microorganisms have changed both the course of human history and our own lives as well, in positive and some negative ways. There is no prerequisite. **Instructor: Dr. Mary Allen**

Poetry: A Comical-Anecdotal History of the Poetry of the English-Speaking World, Replete with Gossip, Parodies, and Scurrilous/Ridiculous Reviews!

I'll be telling stories and reciting parodies, making jokes, retailing the juiciest gossip, and giving snippets of the most extreme reviews of poets and the poems they wrote in English from the time of Chaucer on. Along the way, I'll be giving a biographical and literary background to the material, reading and reciting some of the poems that were the butt of ridicule, or the object of either savage scorn or cloying praise, or were somehow involved in the stories. **Instructor: Tom Daley**

Outreach & Community News

From the Town of Lexington Health Department

Check Yourself for Ticks When You Are Done With Your Outside Activities.



Whether it's hiking outdoors or just working in your yard, you are at risk for contracting *Lyme* disease. The Lexington Office of Public Health and the Board of Health want to educate its citizens of the signs and symptoms of *Lyme* disease and what you can do to prevent it. Annual confirmed cases of *Lyme* disease in Lexington average in the low teens and have remained constant over the last few years.

Lyme disease is a potentially debilitating bacterial infection spread through the bite of an infected deer tick. Warning signs of *Lyme* disease often include a rash that resembles a "bull's eye", aches and pains in your muscles and joints, headache, fatigue, fever, and chills. *Lyme* disease is treatable with antibiotics but the quicker it is recognized the better the prognosis. Deer ticks can attach to any part of the human body but are often found in hard to see areas such as the groin, armpits, and scalp. In most cases, the deer tick must be attached for thirty-six (36) to forty-eight (48) hours before the *Lyme* disease bacterium can be transmitted.

If you can see any part of the deer tick remaining under your skin, call your doctor. Check yourself for ticks when you are done with your outside activities. Wear light-colored long sleeves, pants and socks so it's easier to spot ticks. Tuck your pants in your socks. Wear a hat and keep long hair pulled back. Stay on designated trails when hiking.

For more information or to receive a free "tick identification card" please contact the Office of *Public Health*, Gerard Cody, Health Director at 781-698-4503. You may also visit <http://www.cdc.gov/ncidod/dvbid/lyme/index.htm> or <http://www.mass.gov/eohhs/docs/dph/cdc/factsheets/lyme.pdf>. The Lexington *Board of Health* brought this important message to you.

Senior Summer Movies at the Community Center Every Tuesday at 1:15



Creed - July 5

Drama, Sports Drama, PG-13 (133 min.)

The Intern - July 12

Comedy, Blockbuster, PG-13 (121 min.)

The Lady in the Van - July 19

Comedy, Biographies, PG-13 (104 min.)

In the Heart of the Sea – July 26

Action & Adventure, Biography, PG-13 (122 min.)

The Letters - August 2

Drama, Biography, PG (119 min.)

The Choice - August 9

Drama, Romantic PG-13 (111 min.)

Concussion - August 16

Sports Drama, Biography PG-13 (123 min.)

Inside Out - August 23 (Kids Movie)

Children and Family, PG (94 min.)

45 Years- August 30

Drama, Romantic Drama –R (93 min.)

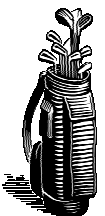
Lexington Farmers Market Tuesdays, from 2 to 6:30 p.m.



The market is on the corner of Woburn Street and Mass. Ave. in Lexington Center. It features locally grown produce, baked goods and other prepared foods, and artisans tent.

Senior Golf: Mondays & Thursdays at Pine Meadow Golf Course at 8:30 a.m.

Experienced senior golfers are invited to these two weekly morning events. For more information contact John Demoy at 781-861-7843.



Lexington Human/Senior Services
Lexington Community Center
39 Marrett Road
Lexington, MA 02421

Deliver to Current Resident

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Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

The Town of Lexington Department of Human Services

Visit our website at <http://www.lexingtonma.gov>

Lex Café - Senior Dining (age 60 plus)

Lunch: Monday, Wednesday and Friday, 12:00 p.m. To make a reservation or cancellation please call Despina at 781-698-4850 by 10 a.m. the previous day. Weekly menus can be found at the Community Center. Suggested donation is \$3. Menus are subject to change. Deluxe meal site is coordinated by Minuteman Senior Services. Brookhaven at Lexington has been contracted to provide meals.

Lunch with Town Manager– Carl Valente

Friday, July 15th and August 19th from 12 p.m.– 1p.m.

Carl encourages seniors to bring any questions and concerns to him at this time.

Newsletter

The Senior Services newsletter will be sent out automatically by mail to Lexington residents age 65 and over. For others who wish to receive the newsletter, it can be picked up at Town Hall, Cary Library and at the Community Center. If you would like to receive the newsletter electronically, please sign up at

www.lexingtonma.gov/email

The Friends of the Council on Aging (FCOA)

Jane Trudeau, President * Suzanne Caton* Dan Fenn * Janice Kennedy * Mickey Khazam
Lorain Marquis * Susan O'Keefe * Elaine Smith * Carol Snell * Shirley Stolz * Chris Worcester

The "Friends" are a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals and services. They meet at the Community Center at 9:30 a.m. on the 3rd Thursday of every month.

Please join us! For more information please visit our new website at <http://www.friendsoftheco.org>

If you would like to make a donation to the FCOA, you will find donation envelopes at the Community Center.

Mail to P.O. Box 344, Lexington, MA. 02420.

Fix It Shop

**Open Tuesday, Wednesday & Thursdays
From 9:00 a.m. to Noon**



The Fix it Shop has limited space and we ask that you bring in only **ONE small item** at a time for repair – also, please remember to pick up your repaired item promptly!

The Fix it Shop is looking for one or two people with electronic or furniture repair experience – if you are interested please call Paula McGlynn at 781-698-4845.

Windowpane Shop Summer Hours

**Open Monday, Tuesday,
Wednesday & Friday**



from 9:30 a.m. to 1:00 p.m. Closed Thursdays.

Accepting small donations of like-new clothing, jewelry and small gift items on **Monday & Friday only.**